

What on earth is wrong with us today? Wait, you don't have to answer that. I'm getting ahead of myself here. Personally, I do not, I repeat, do not think that it is cool to go walking around like this. Is it really that pleasurable to get drunk or high when we know it hurts more than anything else, especially the morning after? And to make matters worse for us, we may or may not remember anything that happened the night before. Who knows, we may have done something that was "no big deal" or something that was terribly bad.

Do I think it's cool to screw up my body and lose brain cells? Am I just dying to mess myself up before my body is even fully developed? Is it right for me to become addicted and dependant on harmful substances before I even begin to realize what my dreams are? It has been said that drinking before the age of twenty-one destroys important aspects of brain development. I've heard people say that drugs and alcohol "loosen you up" and "can make you forget everything else in the world." It might feel good; it may loosen you up. But one thing's for sure, it does make you forget, until the morning, that is. So I'm not sure if it's really the way to go. My friends would see me differently. I wouldn't be the same person they know and love.

And yet getting intoxicated for attention is what most youths are doing. But, who really wants to get talked about as the girl or guy who "gets high" or "gets wasted?" Sure, getting wasted and high may get you noticed, but would your friends really want to be around you? No. They wouldn't risk being accused of doing the things you're doing. Because you see, after you do drugs or drink alcohol you'll be labeled as a bad influence, a dangerous kid. Just like all of you, I too wouldn't want that reputation. Those other kids have their whole lives ahead of them, and they sure don't want to mess it all up for one night of fun.

You know what they say: “If you start young, those old habits will die hard.” Think of your future. Do you really want to be a low life with no job or a career?

You could ruin your life while under the influence of alcohol and drugs. If you start now, it’ll be that much harder to quit when you’re an adult. You can’t even begin to imagine the effects it can have on your body. Some suggest that drinking alcohol usually leads to the use of illegal drugs. Drugs and alcohol will pull you so far in that you’ll become an addict; you’ll forget what’s really important to you: your life, your future!

If your friends drink alcohol or do drugs, please encourage them to stop. We all know the consequences. We all know the dreadful effects. Then why are we throwing our lives away? Almost all teens are already dealing with issues at home, at school, or in their relationships. We all have problems, and sometimes we’re afraid to reach out for help. But don’t turn to drugs and alcohol to help you get through your problems. Let’s not fool ourselves. Drugs and alcohol are not our friends, and they never will be. All they’ll do is hurt us. Instead, talk to a good friend, a teacher, or a counselor if you aren’t able to approach a family member. Underage intoxication is everyone’s problem. And preventing it is also everyone’s responsibility.

Guys, come on. Drugs? Alcohol? Really? No good could come out of trying them. Think about the one thing you’re most passionate about. Now, imagine never being able to do that again or pursue it because of the effects of these substances. I myself have set goals for the future. And I know that if I do drugs or drink alcohol, my dreams and goals will be shattered. No Dreams! No Hope! No Future! We all know that one mistake could lead to a lifetime of regrets. Not a pretty picture, huh? It’s your life. How do you want to live it: happy and healthy, or intoxicated and depressed? Alcohol and drug abuse does not discriminate; it will destroy you and everyone close to you. One decision can affect your whole life!